

Saturday

Emmitsburg Senior Center.



(LAW DAY) 1
Food
Distribution@1.
Walk in the Park
games & puzzles
Canasta @ 12:30
Mav Day

1 Law Day 2
Sign up for free
advance directive on
May 1st courtesy of
K Frederick Bar
S Association.

**Chair &
Breathing
Exercises
Monday-Friday
@ 11am**

Walkers 9am
Bowlers meet
@ 12:15
ART SHOW
3:30-5

5
Strength
Training @ 10am
Cards games &
puzzles
13 card game
Cinco de Mayo

**Walk in the Park
@ 9am
Cards games &
puzzles
Bridge @ 12:30**

**Strength
Training @ 10
Wii @ 11
Card group @
12:30**

Walk in the Park
@ 9am
Birthday Party
@ 12:00
Canasta @12:30

Mother's Day

1
Walk in the
Park @ 9am
Bowlers meet
@ 12:15
Art 1:30-3:30

<p>Strength Training @ 10am Cards games & puzzles 13 card game</p>	12
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13
Walk in the Park
@ 9am
Crafts @ 10
Cards Games &
Trivia @ 12:30

1
Strength
Training @ 10
Wii @ 11
Window Box Salad
Garden with Kitty

4	15
Walk in the Park @ 9am Cards & Chicken Foot Canasta @ 12:30	



Armed Forces Day



1
Walk in the
Park @ 9am
Bowlers meet
@ 12:15
Art 1:30-3:30

19	<p>Strength Training @ 10am</p> <p>Nurse Steve/How does my blood work? &Bps.</p>
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20
Walk in the Park
@ 9am
Nutrition Ed.-
Spring Vegetables
Bridge @ 12:30

Strength
Training @ 10
I&A with Elly
By appt.
Cards @ 12:30

22
Walk in the Park
@ 9am
Cards &
Chicken Foot
Canasta @ 12:30

First Day of Shavuot

Memorial Day

26	Strength Training @ 10am Cards games & puzzles 13 card game
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27
Walk in the Park
@ 9am
Special Bingo @
10 am

2	Strength Training @ 10 Wii @ 11am Card group @ 12:30
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Older Americans Month Luncheon & Entertainment
FSC-11:30-2:00pm
\$10.00
Transportation
Available-see Linda



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TRIPS: Friday May 8th Stauffers Garden Center & Bakers Diner 9am-3:30pm
\$ 30.00 person.

Friday May15th Hampton National Historic Site 9am- 3:30pm

\$30.00 person and bring lunch.

Bus leaves from FSC

SPRING ART SHOW & RECEPTION MONDAY MAY 4th 3:30-5 in LIBRARY

